



## EPIDEMIC HYSTERIA: MASS CONVERSION DISORDER

### Nursing

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### ABSTRACT

People think hysteria is a mental illness and the Mass Hysteria indicates the emotionally imbalanced behavior of a large population at a time. It is emotionally charged behavior that shows Emotional behavior in physical symptoms. There are two main types of hysteria. primary hysteria, secondary hysteria. In primary hysteria the person will be emotionally unstable and difficult to treat and in secondary hysteria emotional reactions will be due to anxiety and depression, Person in the state of Hysteria cannot totally facilitate their emotions. Headache, giddiness, shaking, partial immobility, and persistent crying and laughing are common in such kind of personality. The third edition of the "Diagnostic and Statistical Manual of Mental Disorders" (DSM- III)," published in 1980, removed hysteria as a diagnosis, and authorities no longer use this term.

### KEYWORDS

Epidemic hysteria; Conversion disorder; Personality disorder; Anxiety hysteria; Motor hysteria; Psychogenic Illness

#### INTRODUCTION:

The term hysteria describes emotionally charged behavior that is difficult to control. It is a disorder whereby a person expresses a perplexed state of mind by converting it into a physical symptom. Conversion disorder or hysteria can be used interchangeably. So people with this kind of mental illness also experience chronic physical conditions. The term "hysteria" is no longer used for diagnosis. When someone responds with strong emotional reactions to a certain event that seems disproportionate to the situation, they are often described as having a "hysterical personality." The state of uncontrolled emotions might vary from individual to individual, such as: can't stop trembling, mourning, crying, jumping, shouting, etc. Hysteria is a temporary state of mind where emotions are ungovernable. So now it is considered a physical illness.

#### Antiquity of Hysteria

At the end of the 18th century, the actuality of the spirit was an important explanation for the passing of the altered state of feelings and behavior. In such cases, the person was thought to be under the control of evil spirits. Accounts of spirit presence in that period were responsible for hysterical and hypochondriacal convulsive fits among women.

Hysteria was a conceded psychological complaint that could be set up in the Diagnostic and Statistical Manual of Mental Diseases published by the American Psychiatric Association up until 1980. Medically Hysteria was accepted as a physical condition in 1880 by Jean-Martin.

Hysteria was well-proven in ancient Greek and Egyptian communities. Hysteria has always been a gender-selective physical condition that only affects those females because of having a uterus. It was believed that different health issues were assumed to have their origin in the uterus. It was believed that moving the uterus put pressure on other organs and maybe having negative impacts.

It was Jean-Martin Charcot, in 1880 France, who first took a modernistic scientific sense to the women's-only complaints of hysteria. He addressed his medical interns, showing them pictures and live subjects of the hysteria symptoms he believed were caused by an unknown internal injury affecting the nervous system.

One of these medical scholars was none other than Sigmund Freud, the author of psychoanalysis. From 1880 to 1915, Freud, working with his colleague Breuer in Austria, developed Charcot's suggestions further and wrote several studies on women's hysteria. He believed that hysteria resulted not from a physical injury in the body but a "cerebral scar produced through trauma or suppression." All effects considered, most physicians and women likewise were glad to see hysteria deleted from the list of mental diseases in 1980.

#### Epidemic Hysteria

It's an expression that's used so frequently and so scrupulously to relate to anything from giving in to fashion interests to sharing in screams and raves, that it has become a commodity of a fluid conception, synonymous with anything with a negative connotation that involves the participation of a large group of people.

In his composition, Prof. Wessley goes even further, arguing that — grounded on the cases of mass hysteria proved in technical literature — this miracle refers to two "syndromes" with different characteristics.

#### Types

The current categorization of these diseases has evolved over centuries from common cultural roots in a syndrome preliminarily known as hysteria that has been connected in some ages with the spiritual disorder. There are two main types of hysteria based on causes.

Primary - Due to personality illness.

Secondary - Due to anxiety.

When a large group of people shows the same kind of symptoms that doesn't belong to a specific kind of disease known as mass hysteria. Further, it can be of two types:

**Mass anxiety hysteria.** This type is common among people who belong to the same or close- community. It can result from certain kinds of pressure. Common symptoms of anxiety can be seen, which resolved themselves.

**Mass motor hysteria.** This type is common among people under long-term stress and pressure. It involves irregular movement of the body or part. It can remain for a little longer than remains for weeks.

Some experimenters argue that women may be more susceptible to mass hysteria because they're generally preexposed to stressful situations.

#### Group At Risk

##### People prone to mass hysteria

- Generally, believe stress works as an activator
- Don't have an existing medical condition and poor support system that could give rise to hysterical symptoms
- May share a common fear

#### Sign And Symptoms

Mass anxiety hysteria generally involves physical symptoms like:

- Casket pain
- Giddiness
- Headaches
- Collapsing
- Unconsciousness

Mass motor hysteria more frequently involves symptoms like:

- Shaking
- Partial immobility
- Persistent laughing or crying
- A state of stunned confusion
- Rehabilitated speech patterns

Signs of mass hysteria can also involve rashes, breathing difficulties, muscle quivering, and other signs. Any other community members who observe these symptoms might also develop the same symptoms themselves known as mass hysteria.

**Cause:**

Specialists don't know what causes mass psychogenic illness, a few potential philosophies have developed to understand the cause of hysteria.

**Extreme anxiety and stress**

Some authenticate suggest that mass motor hysteria can be affected by ongoing stress, while mass anxiety hysteria more generally develops in response to unforeseen, extreme strain. Not all experts make this distinction Incidents of possible triggers include:

- Strict school atmosphere
- Community bereavement
- Poor concentration on academic performance during adolescence.
- An isolated community or home
- An epidemic that results in a significant risk to public health

**Treatment:**

No such treatment for mass psychogenic illness exists. Conversion disease generally improves with treatment that focuses more on symptoms. Experts usually treat cases of mass hysteria with an equivalent approach.

Recognizing and taking action against to primary cause that is stress will generally help to relieve physical symptoms.

A trained therapist will offer guidance on identifying possible sources of stress and anxiety relevant to those symptoms. Therapy also offers a safe space to learn and exercise new styles for managing ongoing stress in your life. Another vital step toward recovery is isolating yourself from the center and getting some space from other people.

Avoiding certain news from social media that can exacerbate anxiety and results in physical symptoms as seen in hysteric person.

**CONCLUSION**

Scientific proof has yet to completely explain mass psychogenic illness, but experts do generally agree it can arise in anyone, specifically in times of turbulence, major stress, or emotional disorder. Without any hesitation, living through extremity after extremity can fuel the anxiety that frequently lies behind mass hysteria. That's what makes it so vital to seek support for immense or constant anxiety and take other measures to shield your emotional and physical well-being. Hysteria is not a disorder with continuity, here symptoms come with triggering stimulus and go on their own.

Reducing stress in your life can help lower our chances of witnessing any psychosomatic response to extreme emotional turbulence.

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